



The Journal

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November 30, 2017

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U.S. Navy photo by MC2 William Phillips



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Son's Death
Drives Father
to Promote Flu
Vaccinations

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Pastoral Care Hosts Thanksgiving Interfaith Service

By Bernard S. Little
WRNMMC Command Communications

Members of the Walter Reed Bethesda community gathered and gave thanks for their blessings during a Thanksgiving Interfaith Service in the medical center’s chapel Nov. 21.

Army Chaplain (Col.) Allen W. Staley, deputy department chief of pastoral care at WRB, explained that while Thanksgiving Day may not be a religious holiday, thankfulness is a prominent theme of the observance as well as within many faiths. “With that in mind, we wanted to craft and conduct a service with the spirit of Thanksgiving done in such a way [to include] the diversity of our religious faiths [at WRB],” he added.

Navy Capt. (Dr.) Mark A. Kobelja, director of Walter Reed National Military Medical Center, noted that for nearly 400 years in what is now the United States, people have observed some form of a Thanksgiving celebration with the gathering of family, friends and others to show appreciation for their bestowments. “As Americans, we have so many reasons to give gratitude – our freedoms, our values, our families, our health. As we look at the world around us, we realize how fragile these gifts are and we risk taking them for granted, so we’re challenged to never forget and always regard our blessings very highly,” he added.

It was in this spirit that George Washington issued his presidential proclamation in 1789 for “General Thanksgiving.” Since then, Thanksgiving has been celebrated for the most part annually throughout the nation.

Army Chaplain (Maj.) Jeff Matsler read Washington’s proclamation at the WRB service. The proclamation states: “Whereas it is the duty of all nations to acknowledge the Providence of Almighty God – to obey his will – to be grateful for his benefits – and humbly to implore his protection and favor: And whereas both Houses



PHOTO BY BERNARD S. LITTLE

Muhammad Adhami, a medical technologist at Walter Reed Bethesda, discusses the Islamic tradition of thankfulness during Walter Reed Bethesda’s Thanksgiving Interfaith Service Nov. 21 in the hospital chapel.

have, by their joint committee, requested me ‘to recommend to the people of the United States, a Day of [Public] Thanksgiving and Prayer, to be observed by acknowledging with grateful hearts the many and signal favors of Almighty God, especially by affording them an opportunity peaceable to establish a form of government for their safety and happiness;’ Now, therefore I do recommend and assign Thursday, the 26th day of November next, to be devoted by the people of these States to the service of that great and glorious Being who is the beneficent author of all the good that was, that is, or that will be; that we may then all unite in rendering unto Him our sincere and humble thanks for His kind care and protection of the people of this country previous to their becoming a nation.”

Also during the Thanksgiving service at WRB, Muhammad Adhami, a medical technologist at the medical center, discussed the Islamic tradition of thankfulness. He explained Shukr, an Arabic term

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Bethesda Notebook

Blood Donor Challenge
The Armed Services Blood Program’s 7th Annual 2017 Army-Navy Blood Donor Challenge is underway to determine which service best meets the “challenge of life” by donating the most units of blood during a friendly competition lasting through Dec. 5. Appointments to donate at Walter Reed National Military Medical Center in the Blood Donor Center can be made online at militarydonor.com and entering the sponsor code WRNMMC. For more information, call the donor center at 301-295-2104. The center is open from 7:30 a.m. to 3 p.m. Monday through Friday. For more information about the ASBP, visit militaryblood.dod.mil.

World AIDS Day Awareness
The Infectious Disease Clinic together with the Healthy Staff team from the People Foundation Committee at Walter Reed National Military Medical Center will host World AIDS Day awareness on Dec. 1. Tables with information on a HIV prevention services and HIV statistical data will be located in Bldg. 19, America Zone first floor breezeway, and Bldg. 9, Arrowhead Zone in front of the basement cafeteria from 8 a.m. to 1 p.m. For information, contact Hector Erazo at hector.erazo.ctr@mail.mil, or call 301-295-6293.

Command Assessment Team
Walter Reed Bethesda’s Command Assessments Team’s next meeting is Dec. 6 at 9 a.m. in the America Building (Bldg. 19), Desert Conference Room (Rm. 2301). The team is also seeking members to assist in helping the command to promote a positive command morale, encourage an environment for growth with the organization, assist in endorsing equal opportunity, conducting focus groups, formulating plans of actions and milestones for enhancing the Command Managed Equal Opportunity program, and advertising and conducting the Defense Equal Opportunity Command Survey. For more information contact Navy Lt. Cmdr. Melissa Burke at Melissa.k.burke2.mil@mail.mil.

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Symposium Shines Light on Wounded Warriors' Recovery

By Andrew Damstedt
The Journal

Recovering from a traumatic experience isn't easy and one that shouldn't be done alone.

At an event held Nov. 15, a few Sailors and their family members shared their recovery stories and how Navy Wounded Warrior Safe Harbor helped them during a difficult time in their lives.

"You don't have to go through it by yourself," said Naval District Washington Chief of Staff Capt. Roy Undersander during the Family Symposium at the USO Warrior and Family Center at Bethesda. "That's my main message for you today. That's what our staff is here for, that's what this program is for – to help you through and become a part of a community."

Guest speaker Aileen Kohl, a former Navy lieutenant, told of her experience caring for her husband, Army 1st Lt. Jonathan Kohl, who was injured in a helicopter crash in Afghanistan in March 2013.

"You have a major trauma that happens in your life and now everything's changed and nothing is the way it was before and you have to figure out how that fits into your own life," Aileen said.

She recounted her husband's several injuries, including a traumatic brain injury, multiple spinal fractures, hip fractures, ankle fractures and rib fractures.

"He broke pretty much everything but his arms," she said.

He received care at Walter Reed National Military Medical Center until he was stable enough to be transferred to a polytrauma center in Richmond, Virginia. While there, she said she fought for him



PHOTO BY ANDREW DAMSTEDT

April Ziegler, a retired Navy mass communication specialist, speaks of her multiple sclerosis diagnosis and how she found new opportunities working with Navy Wounded Warrior Safe Harbor during the organization's annual symposium Nov. 15.

to be admitted into NeuroRestorative, a civilian provider specializing in post-acute brain injury rehabilitation.

"That's where the bulk of our recovery happened," she said. "That's where Jon made the biggest strides. This allowed me to return to work because I was

still on temporary duty orders from my squadron – luckily they kept extending them. I had a great command."

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Murtha Cancer Center Hosts Annual Lung Cancer Summit/Awareness Day

By Bernard S. Little
WRNMMC Command Communications

The battle against lung cancer requires a multi-faceted approach encompassing prevention, early detection, treatment, research and survivorship stressed speakers during the 5th annual lung cancer summit/lung cancer patient awareness day at Walter Reed National Military Medical Center on Nov. 3.

The John P. Murtha Cancer Center (MCC) at WRNMMC hosted the event. The MCC is the only Department of Defense Cancer Center of Excellence in the Military Health System.

Guest speaker at the summit, retired Navy Capt. (Dr.) Martin J. Edelman, explained that like the MCC, the Fox Chase Cancer Center in Philadelphia, Pennsylvania, where he serves as the professor of medicine, is focused on the science, clinical, prevention and epidemiology of cancers.

While discussing the management of non-small cell lung cancer (NSCLC), which accounts for about 85 percent of

all lung cancers, Edelman explained that lung cancer is "overwhelmingly the most common cause of cancer-related deaths" accounting for 28 percent of those mortalities in U.S. men and 26 percent in U.S. women. Annually in the United States, there are approximately 223,000 new cases of lung cancer (116,990 in men and 105,510 in women), which results in about 155,870 deaths (84,590 in men and 71,280 in women). About one out of four cancer deaths are from lung cancer.

Edelman added risk factors for lung cancer include smoking, environmental issues (second-hand smoke, radon, industrial pollution) and radiation exposure. The most common symptoms include coughing (including coughing up blood) weight loss, shortness of breath and chest pains, he continued.

While small-cell lung cancer (SCLC) accounts for about 15 percent of lung cancers, it is also the most aggressive.

"There is no good lung cancer," Edelman stressed, describing staging as an important determinant and prognosis for such a "toxic" disease.

Lung cancer care can include more than one kind of treatment depending on the stage, patient's age, health, possible side effects to care and other determinants, Edelman explained. NSCLC is comparatively less sensitive to chemotherapy and/or radiation, so surgery, radio frequency ablation, targeted therapies and immunotherapy are often the treatments in these tumors. Usually SCLC initially responds well to chemotherapy and/or radiation, but this cancer has typically metastasized by the time it is discovered, making surgery less ineffective and a choice of treatment.

Chris Draft, a special guest speaker at the summit, agreed that the battle against lung cancer demands a multi-faceted approach. Exactly one month after getting married on Nov. 27, 2011, Draft, a former NFL linebacker, lost his new bride Keasha, 38, to lung cancer on Dec. 27, 2011.

Draft, now an advocate for lung cancer awareness, explained how his wife was the picture of health before her illness.

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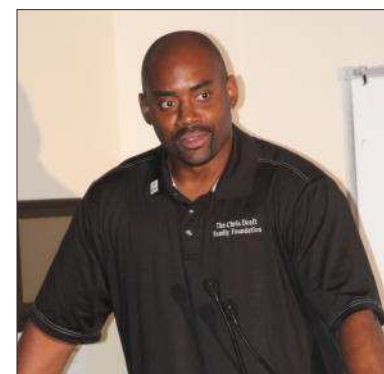
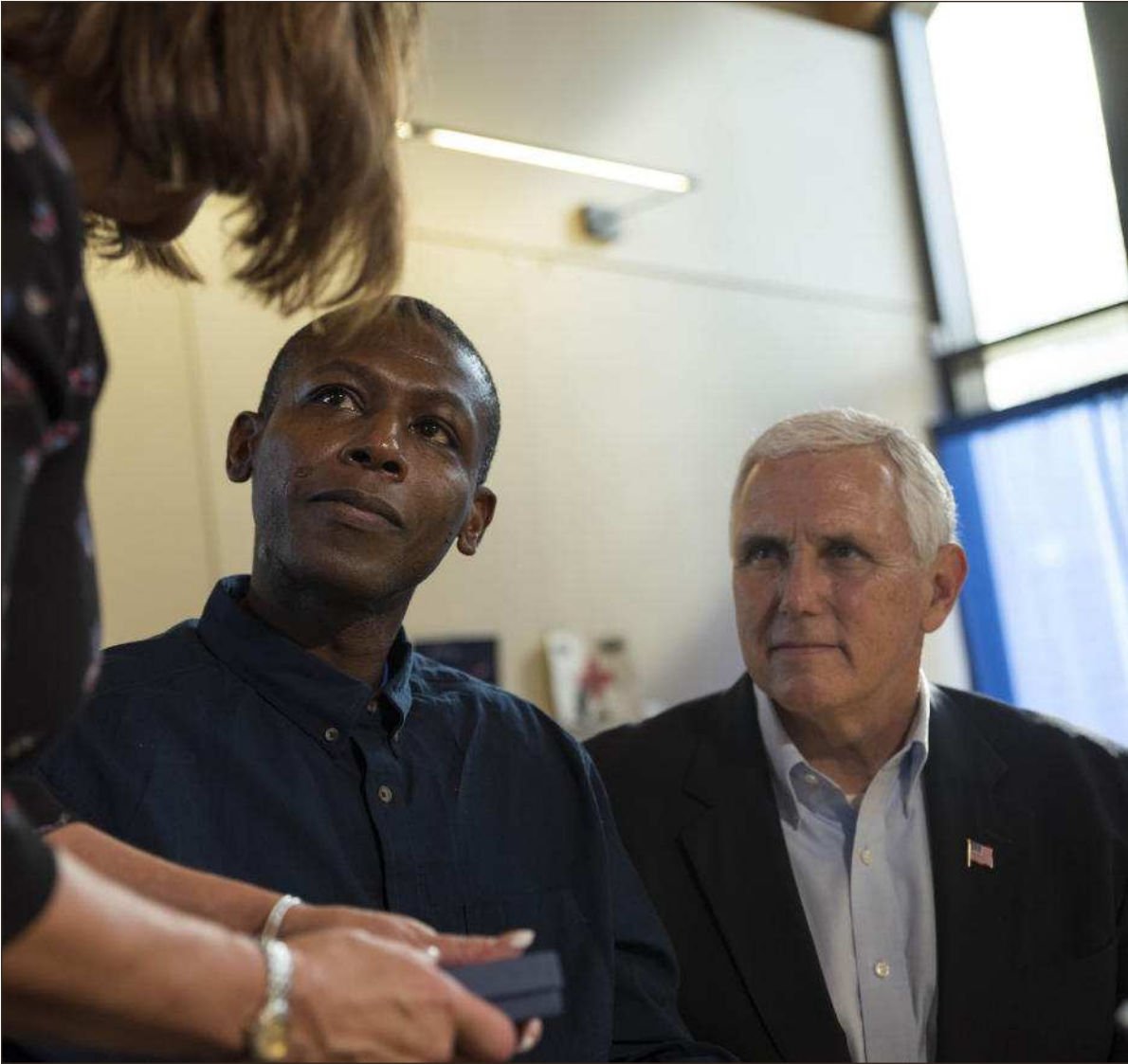


PHOTO BY BERNARD S. LITTLE

Chris Draft, a special guest speaker at the Murtha Cancer Center's Annual Lung Cancer Summit and Awareness Day on Nov. 3 at Walter Reed Bethesda, said that the battle against lung cancer demands a multi-faceted approach. Exactly one month after getting married on Nov. 27, 2011, Draft, a former NFL linebacker, lost his new bride Keasha, 38, to lung cancer on Dec. 27, 2011.



Vice President Mike Pence Visits USO

Photos by MC2 William Phillips
NSAB Public Affairs

Vice President Mike Pence and second lady Karen Pence visited the USO Warrior and Family Center at Bethesda Nov. 22. The Pences visited with Wounded Warriors and personnel from Naval Support Activity Bethesda and Walter Reed National Military Medical Center.



RECOVERY

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Aileen was assigned to Navy Wounded Warrior Safe Harbor-Naval District Washington and said working there helped her learn a lot about the recovery process and how to help other caregivers.

She said she still receives support from her former coworkers. Nonprofit programs, such as Help Our Military Heroes and Operation Flying Heroes, have allowed them to get out in the community.

"The community support comes from the people you surround yourself with," Aileen said.

Accepting that her husband's disability would be with them throughout their lifetime was difficult.

"I had my fair share of 'I'm going to go in my room right now and cry for a

while,'" she said. "That's OK. You need to realize that and allow yourself to feel these negative things but don't sit there and dwell on it. Sit there and say 'What can I do to make this better?'"

Another caregiver once told her how she hated a phrase frequently said when dealing with traumatic brain injuries.

"Everyone tells you brain injury takes years to recover from and that it's a marathon and not a sprint," Aileen said. "In brain injury, it's not a marathon. A marathon means you're going to cross the finish line; there's going to be an end. But really when you talk about brain injury or any other invisible illness, there's really no ending point."

The program included a panel of six Sailors and one caregiver who shared their experiences with Navy Wounded Warrior Safe Harbor. Realizing Wounded Warrior didn't just mean combat-related injuries was

an eye-opener for some panelists as they realized that any wounded, ill or injured Sailor could benefit from the program.

"I didn't want to get involved in this program because 'Wounded Warrior' to me has always been combat related," said Hospital Corpsman 1st Class Carlos Valerio, who has gastric cancer. "Last year when I went to the [Wounded Warrior] games, I didn't want to participate. I didn't see myself as a Wounded Warrior."

Hospital Corpsman 2nd Class Renee Carranza shared a similar story. He said he learned of Navy Wounded Warrior Safe Harbor when he googled 'Wounded Warrior for Navy' and the program was among the top search results.

"At first I didn't feel like I was even worthy of it, because Wounded Warrior is somebody with a missing leg," said Carranza, who was diagnosed with post-traumatic stress disorder from

war and military sexual trauma. "But after talking to them, they explained to me it's not just those kind of patients, its people with invisible wounds as well, which is myself."

April Ziegler, a retired Navy mass communication specialist, said she didn't know how strong her support system actually was until after she received her multiple sclerosis diagnosis.

"People who stood by me and dropped everything when something went wrong was completely humbling," Ziegler said.

She said her illness has limited her in ways, but has also opened doors as she's worked with the Navy Wounded Warrior Safe Harbor program. One such opportunity was an internship working in the U.S. Senate.

"[Safe Harbor] helped me to realize that I can be strong and break through and make it through my hard times," Ziegler said.

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Son's Tragic Death Drives Navy Father to Promote Influenza Vaccinations

By Sharon Holland
USU External Affairs

To most people, autumn means Halloween, pumpkins, Thanksgiving, apple cider and brilliant foliage. But to Navy Cmdr. (Dr.) Henry Lin, autumn means the onset of flu season and time to remind parents about the importance of getting their children vaccinated.

It also serves as a constant reminder of his son, Trevor, who died in 2009, a victim of the H1N1 swine flu pandemic. Trevor was among the 282 American children who died from the H1N1 flu in the 2009-2010 season. That pandemic was the first since 1968 and killed more than 200,000 people worldwide. In the U.S. alone, more than 61 million were infected and 12,000 died.

According to the Centers for Disease Control and Prevention (CDC), seasonal influenza kills between 3,600 and 49,000 people in the U.S. each year, and between 250,000 and 500,000 globally. With seasonal flu, people under age 2 and over age 65 are more at risk, along with those who

have underlying health problems. Trevor did not fit the criteria.

Trevor was an active 7-year-old boy who loved to swim, jump off the high dive, enjoyed spending time with his two older siblings and had no other medical problems.

"He was one of the healthiest kids," Henry said.

On October 29, 2009, 11-year-old Ashley Lin, Trevor's sister, complained of shortness of breath that stopped her in her tracks while walking to catch the bus after school. She also developed a cough.

The next day, Trevor, too, developed a cough. Both of their coughs were mild, and seemed to improve in time for trick-or-treating the next night. But early in the morning on Nov. 1, Trevor's cough morphed into more of a bark; he also developed a fever and found it hard to breathe. Henry turned on the hot shower to try to allow the steam to alleviate his symptoms, but to no avail. Trevor's coughing episodes continued over the next few hours and, deeply concerned, Henry took Trevor,

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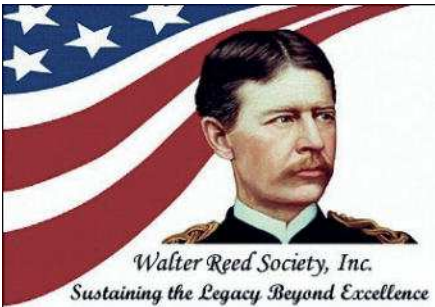


PHOTO COURTESY HENRY LIN

Navy Cmdr. (Dr.) Henry Lin with (center) with his children, Ryan (left), Trevor (center) and Ashley (right) in 2009, prior to Trevor's death from H1N1 swine flu.

Walter Reed Society

Assisting the Wounded, Ill, or Injured Service Members and their Families



The Walter Reed Society is an all-volunteer 501C-3 charitable organization. Its **mission** is to provide financial or direct assistance to service members being treated at Walter Reed National Military Medical Center and their families in response to their unmet needs during their care at Walter Reed.

In cooperation with the Medical Center, the Society also provides assistance with treatment, education, research activities, travel and lodging, and hospital staff support. Since the Walter Reed Society's inception in 1996, the Medical Center and hundreds of service members and their families have received over \$2.2 million in assistance.

Membership in the Society is open to all - officers, enlisted, active duty, retired, Reserve, National Guard, civilians, patients, family members, volunteers, and friends of Walter Reed.

Join Us in Helping Others

For membership application or donation information, please contact Debra Washington at walterreedsociety@verizon.net or call (301) 571-1580.

Visit our web site: www.walterreedsociety.org

Combined Federal Campaign (CFC) number 38118



PHOTO COURTESY HENRY LIN



PHOTO COURTESY HENRY LIN

A bronze bench and statue of Trevor Lin, inscribed “Families Fighting Flu,” sits in the Walter Reed National Military Medical Center’s America Building as a reminder of the importance of flu vaccination.

FLU

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Ashley, and his other son, Ryan, to the emergency room.

The two ill children were evaluated. Trevor was diagnosed with croup and treated with a nebulizer and IV steroids. H1N1 influenza was discussed as a possible diagnosis, but the ER physician interpreted the CDC guidelines to mean that only high-risk patients – children with underlying health conditions, or pregnant women – were eligible for the anti-viral therapy. Trevor had no prior health problems.

While still in the ER, Trevor once again experienced shortness of breath and his fever climbed to 103.7. Normal heart rate for children his age is 60-100 beats per minute. Trevor’s increased to an abnormal rate of more than 120 beats per minute. However, his blood oxygen levels remained at normal levels so no x-rays or lab tests were performed.

After a while in the Emergency department, Trevor showed signs of improvement and asked to go home. Ashley also felt better and Ryan had no symptoms at all. Once back at home, Trevor’s symptoms improved and his coughing lessened. He was also no longer experiencing shortness of breath.

The next afternoon, Ashley saw Trevor walking unsteadily and then witnessed him fall. She immediately ran to help and discovered his lips and fingers were blue. Trevor was rushed

by ambulance to the nearest ER, but despite resuscitation attempts, he was pronounced dead within two hours of his collapse.

Later, Henry got confirmation from the CDC that Trevor did indeed have swine flu. Tragically, Trevor had not been vaccinated because the vaccine was not yet available to children in the community.

Since Trevor’s death, Henry has campaigned to improve criteria for evaluation of children with influenza by health care practitioners. He is also pushing to improve criteria for hospitalization of children with the flu to minimize the numbers of previously healthy children who die from the virus after being evaluated by a health care practitioner. Through his efforts, he hopes that physician organizations will provide working guidelines expeditiously, despite having incomplete information during medical crises or epidemics.

Today, a bronze bench with a statue of Trevor sits near the America Building at Walter Reed National Military Medical Center, inscribed with the words, “Families Fighting Flu,” a poignant reminder to all who pass through the halls of the beautiful little boy with the sweet smile taken unexpectedly and the efforts being taken to prevent such future tragedies.

“If Trevor’s tragedy prevents more deaths ... if there are changes because of his situation, I’d be very grateful,” Henry said.

For more information on influenza and available resources, visit: tricare.mil/flu.

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National Archives Pays Tribute to Vietnam War Veterans

By Devon L. Suits
www.army.mil

A new exhibit at the National Archives is meant to educate visitors of the patriotism, service, and sacrifice of the many that served their country during the Vietnam War era.

The exhibit, titled “Remembering Vietnam: Twelve Critical Episodes in the Vietnam War,” provides visitors an opportunity to understand the decisions that led to war, the events and consequences of the war, and its lasting legacy, according to Archive officials.

“As a veteran of Vietnam myself, I was determined to mark the 50th anniversary of the height of the Vietnam War with an exhibition,” said United States’ Archivist David S. Ferriero, during a Nov. 8 media day at the Archives. “Our records, some recently declassified, continue to yield discoveries and provide insight and evidence to people seeking to understand the war.”

The United States committed to the Vietnam conflict more than 50 years ago. Still, Archive officials say, historians continue to make discoveries that address three critical questions, including why the United States got involved, why the war lasted as long as it did, and why it was so controversial.

Many have expressed their embarrassment about their lack of knowledge when it comes to the Vietnam War, said Alice Kamps, the curator for the exhibit. “Some even seem haunted by these questions. We all need to answer these [questions] to move on.”

VIETNAM PILOTS

In support of the exhibit’s grand opening Nov. 10, three Vietnam War-era aircraft were on display outside the National Archives building, including a Bell AH-1 Cobra, a UH-1 Iroquois, and an OH-58 Kiowa.



U.S. ARMY PHOTO BY DEVON L. SUITS

Former Capt. Phillip Keith briefs a group of students from Bridges Academy about the capabilities of the AH-1 Cobra aircraft during a National Archives’ media day event in Washington D.C., Nov. 8.

A small group of Vietnam veterans were available near the aircraft to answer questions and discuss their lives before, during, and after the war.

“It is an honor for us to bring the helicopters here and allow people to look at some Vietnam’s history,” said Phillip Keith, one of the veterans.

Assigned to the 14th Transportation Battalion during Vietnam, Keith flew 157 missions. Some of those missions provided crash recovery support to Soldiers throughout the region.

“I have lost several friends that were close to me

during the Vietnam War,” said Keith, when asked about Veterans Day. “Jimmy Crisp, a great friend of mine, left behind a new bride and a young baby that he never met. Tom Jones — I flew instruments with him in flight school — left a beautiful wife and a young boy. I reflect on them mostly during this time of the [year].”

Peter Gotch, who was a warrant officer during Vietnam, served two tours in that country. During his time there, he directly supported the 4th Infantry Division as a AH-1 and UH-1 pilot.

UH-1s played a vital role during the Vietnam War. As one of the primary aircraft for medevac operations, they helped provide medical treatment and transported the wounded to safety. The UH-1 also supported the logistical needs of Soldiers in the field by delivering food, clothes, and mail, Gotch said.

Not all the wounded Soldiers who were airlifted by the UH-1 made it home alive, however. Gotch knew some of them.


During Veterans day, Gotch said, “you think about all the good people that never made it back. I have some good close school friends that never made it back. It’s tough to deal with it.”

Sharve Easterwood, an instructor at Bridges Academy, in Washington, D.C., brought some of the academy’s students to the exhibit to learn more about the war, to talk with the veterans there, and to see the helicopters.

“History is one of my favorite subjects,” said Easterwood. “[When] kids see these places for the first time, it is nice to see their smiles. I let the kids know that history repeats itself constantly. It’s important to learn as much as possible.”

Along with his fellow instructors, Easterwood helped lead a small group of academy students through the outdoor exhibit. The students had a chance to ask the pilots a variety of questions, but many of them were more interested with the internal equipment inside the OH-58 cockpit.

The exhibition is open through Jan. 6, 2019.




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SERVICE

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for thankfulness, gratitude and acknowledgment to Allah, is an important virtue in Islam and a daily way of life Muslims. Islam teaches its followers to be thankful and give gratitude to Allah and his blessings throughout one's day, Adhami explained. He added that the Islamic tradition of thankfulness includes realizing one's blessings, saying thanks, and expressing gratitude through good deeds to others.

Franciscan friar Jacek Orzechowski explained the virtues are similar in discussing the Christian tenets of thankfulness. "Gratitude and thanksgiving are at the core of Christian tradition," he said. "[They help] form our life of prayer and worship," he added.

"When we show generosity to others, we give God thanks," Orzechowski stated. "When we stand up for what is just..., protecting those who are the most vulnerable among us, we are living out of gratefulness. It's a celebration of thanksgiving in action," he said.

Discussing the Jewish beliefs of thankfulness, retired Navy Capt. (Rabbi) Matthew Simon quoted from Deuteronomy, which calls for a feast of rejoicing with family, friends and strangers for those to share their blessings and the fruits of their labor. "The Lord thy God may bless thee in all the work of thine hands," Simon quoted from the Bible.

"And so the Native American and the immigrant Pilgrim sat down together and shared a blessing of the harvest with those in need," the rabbi continued. "They remembered the words of the

Scripture, and invited to join them, the stranger, the orphan and the widow, as we must do." He added people should open their tables "so the hungry are cared for and God's commandment for thanksgiving [is met] this year and every year."

Army Chaplain (Maj.) Benjamin Jung

concluded the service with the prayer of Thanksgiving, expressing appreciation for not only the gift of life and its blessings, but also for the love, care and compassion of others. He also gave thanks for all service members who "stand vigilance" in defense of the values and freedoms of America throughout the world.

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AWARENESS

From
Page 3

She was a non-smoker, worked out and ran regularly. "She was in amazing shape, but we found out that the most important thing about lung cancer is that anyone can get it. Nobody is immune to it," he said, adding too often (approximately 80 percent of the time) lung cancer is diagnosed in its late stages. Such was the case with Keasha, who was diagnosed with Stage IV lung cancer in 2010.

While there is a lot of information about lung cancer prevention, which is good, more attention needs to be given to early detection, treatment, research and survivorship, Draft emphasized. "We have to commit to it," he said.

Army Col. (Dr.) Craig D. Shriver, MCC director, said approximately 1,000 U.S. service members are diagnosed with some type of cancer annually. Because of these numbers, he stated DoD has recognized cancer's impact on readiness, explaining a diagnosis can take the service member "out of the fight" for months if not a year or more for care.

Shriver, along with other DoD leaders in cancer care, worked for two years to draft the Initial Capabilities Document for Cancer Care in order for the Pentagon to tackle cancer as a readiness issue. Part of the document states: "Following the Quadruple Aim of the [MHS] to achieve a high level of readiness, improved population health, high experience of care, and lower per capita costs, the John P. Murtha Cancer Center of Excellence was founded to manage all cancer care for the DoD."

To enhance DoD's cancer care and expand its area of expertise, the MCC is partnering with military treatment facilities at Naval Medical Center at Portsmouth, Virginia; Womack Army Medical Center

at Fort Bragg, North Carolina; Keesler Air Force Medical Center at Biloxi, Mississippi; Naval Medical Center at San Diego California; San Antonio Military Medical Center at San Antonio, Texas; Madigan Army Medical Center at Tacoma, Washington and Fort Belvoir Community Hospital at Fort Belvoir, Virginia, Shriver explained.

The MCC also allies with a number of other cancer institutes and centers throughout the nation as part of the ORIEN (Oncology Research Information Exchange Network) Alliance, which is dedicated to collaborating and sharing data, tissue samples, novel treatments, clinical trials and other information to advance cancer research and care, Shriver explained.

Navy Lt. Cmdr. (Dr.) Karen Zeman, a WRNMMC hematology oncologist, and Navy Lt. Cmdr. (Dr.) Joseph Zeman, a pulmonologist, led the day's afternoon session with patients and others.

"Quitting smoking is the best thing you can do for your health," said the pulmonologist, informing beneficiaries that WRNMMC has an Integrated Health Clinic for nodules tracking, screening and tobacco cessation therapy. "It's never too late to stop smoking," he added, explaining once a person stops smoking their risk for developing lung cancer frequently declines. He added use of hookahs, cigars and vaping are not good alternatives for quitting smoking altogether.

Beneficiaries interested in quitting tobacco can contact the WRNMMC Integrative Health and Wellness Services staff to make an appointment at 301-295-0105.

The oncologist added that while lung cancer is the No. 1 killer of cancers, there's hope. She explained there are advancements in research and treatments, particularly when there's a very low stage tumor and it's possibly curable.

For more information about the MCC, visit www.wrnmmc.capmed.mil.

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12/5	11 am-1 pm	Holiday Ornament Making, Warrior Cafe** \$10 Register online. See below.
12/7	11:45 am	6th Annual Army/Navy Flag Football Game Team participation is open to active duty; please call MWR Sports at 301-295-0032. Everyone is invited to the Sports Complex!! Opening Ceremony: 11:30 am, Game: 11:45 am
12/9	10 am-10 pm	Army/Navy Football Game Trip** \$105 Open to all, \$52.50 *Liberty Price Register online.
12/12	5-7:30 pm	Winter Paint Night** Bowling Center party room \$25. Register online. See below.
12/14	4-6 pm	Happy Holidays Social at Below Deck Live music, Free appetizer buffet(while it lasts)
12/15	11 am-2 pm	Warrior Café International Luncheon HAITI-Haitian Pork Griot(Fried Pork) Poul Di(Chicken Stew)
12/16	10 am-12 pm	Breakfast With Santa, Warrior Café** \$15 Adults, \$10 Children 3-7, FREE Children 2 and under. Register online. See below.
12/25	11 am-2 pm	Warrior Café Christmas Day Buffet Lunch Prime Rib, Spiral Ham, Chicken Oscar & More \$14.25 Adults, \$7.25 Children 12 & under

**Registration for these events is available online at www.navymwrbethesda.eventbrite.com.

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